



PHYSICAL READINESS TEST (PRT)

ATTACHMENT A

(Please Type or Print Legibly)

The United States Capitol Police Physical Readiness Test (PRT) consists of three events as listed below. An applicant must successfully pass all three individual events on the date of testing in order to proceed with the application process. An applicant who fails any of the three individual events cannot continue in the testing process and will be required to retest. The waiting period for retesting is 90 days.

1. ILLINOIS AGILITY TEST

This test measures the applicant's ability to get up from the ground and sprint while changing directions. The applicant will lie on the floor face down and get up and sprint 30 feet to a line and then return. The applicant will then weave through 4 cones placed over a 30 foot area and return through the cones in the same manner. The test concludes with another 30 foot sprint and return. Measurements are in the hundreds of seconds. The maximum allowable time for each applicant will be based on the applicant's gender, age, and weight on the day of testing.

2. ONE REPETITION BENCH PRESS

This test measures the applicant's upper body strength for one repetition. This test is conducted on a standard free weight bench. The applicant will begin by lying down on the bench with his/her feet on the floor. Starting from the down position the applicant will be required to lift the weight straight up until the arms are locked. The weight to be lifted will be determined on the day of testing based on the applicant's gender, age, and weight on the day of testing.

3. 1.5 MILE RUN

This test measures the cardio/respiratory fitness of the applicant. The maximum allowable time will be based on the applicant's gender and age on the day of testing.

PASSING SCORES

MALES				
	UNDER AGE 25	AGES 25-29	AGES 30-34	AGES 35-39
1.5 MILE RUN	13:37	13:57	14:30	15:05
ILLINOIS AGILITY	17.75 sec	18.00 sec	18.40 sec	18.70 sec
ONE REP BENCH PRESS	88.41%	87.41%	83.31%	80.41%

FEMALES				
	UNDER AGE 25	AGES 25-29	AGES 30-34	AGES 35-39
1.5 MILE RUN	17:24	17:48	18:44	19:20
ILLINOIS AGILITY	20.40 sec	20.88 sec	21.60 sec	22.16 sec
ONE REP BENCH PRESS	47.61%	47.21%	45.21%	44.41%

*The number listed for one Rep Bench Press is the percentage of body weight that the applicant will be required to lift.

NAME _____ LAST (4) SSN _____